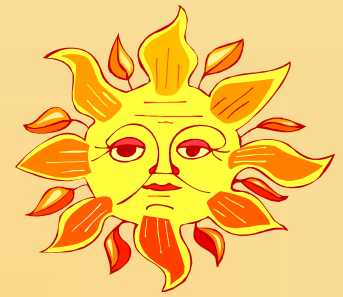


# 101 CRITICAL DAYS OF SUMMER

---



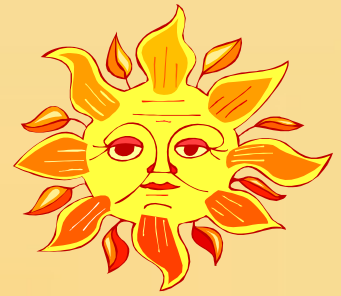
## 305<sup>th</sup> AMW GROUND SAFETY OFFICE

**A WISE PERSON KNOWS THE DIFFERENCE BETWEEN ACTING  
SAFE AND BEING SAFE.**



# 101 CRITICAL DAYS OF SUMMER

---

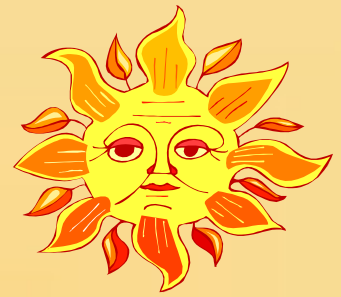


## INTRODUCTION

- **TRAFFIC SAFETY**
- **HEAT SAFETY**
- **RECREATION SAFETY**



# 101 CRITICAL DAYS OF SUMMER

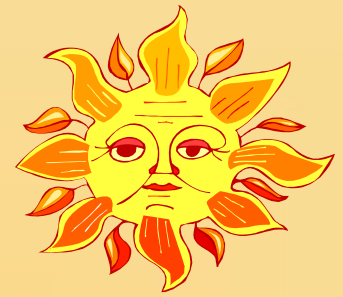


## Traffic Safety

- TRAVEL
- FATIGUE AND YOU
- ALCOHOL KILLS - DON'T DRINK AND DRIVE



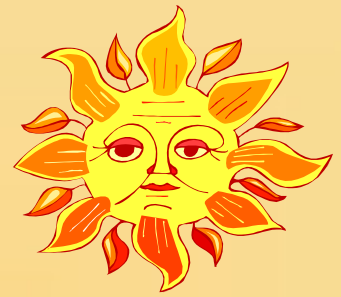
# 101 CRITICAL DAYS OF SUMMER



- *Plan ahead--prepare vehicle*
- *Buckle up every time - Seatbelts are mandatory*
- *Children in backseats - Airbags can kill*
- *Speed commensurate with conditions*



# 101 CRITICAL DAYS OF SUMMER



## Travel - Fatigue and

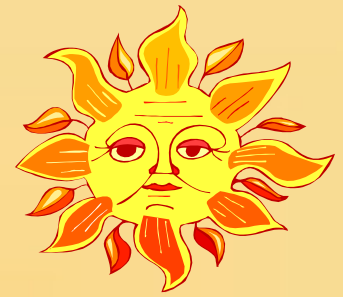
- **Fresh air and frequent stops**
- **Avoid heavy food and alcohol**
- **Rest periodically**
- **Take scheduled rest breaks-pov e**
- **Sleep in a hotel, not in your car**



**The body will eventually demand sleep and take it. Listen to your body!**



# 101 CRITICAL DAYS OF SUMMER



## Alcohol Kills

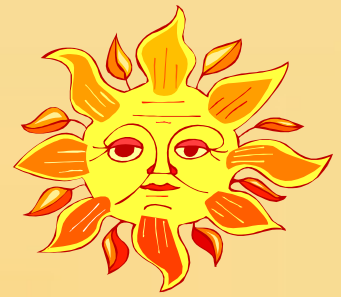


- Alcohol is a depressant
- Lessens inhibitions
- Only way to sober up is time
- What to do?
  - Limit consumption
  - Designated driver

# DON'T DRINK AND



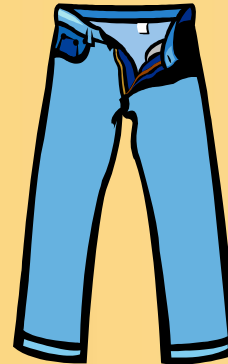
# 101 CRITICAL DAYS OF SUMMER



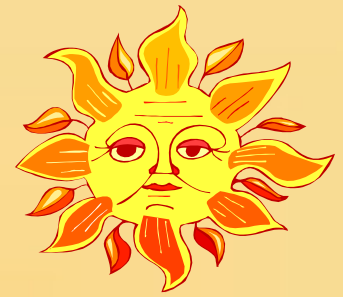
## Motorcycle

## Safety

- **Helmet approved by DOT**
- **Eye Protection (goggles, face-shield)**
- **Full fingered gloves**
- **Long sleeved shirt or jacket**
- **Long pants**
- **Sturdy Footwear**
- **Brightly colored or contrasting vest or jacket as an upper outer garment during the day and reflective during the night. Outer garment will be clearly visible and not covered.**



# 101 CRITICAL DAYS OF SUMMER



## Motorcycle Safety

- **Foundation Course** must be taken and personnel must be in possession of a Motorcycle Safety Foundation (MSF) card and McGuire AFB Form 244 before issuance of AF Form 75 or DD Form 2219 or 2220.
- MSF Course is offered at McGuire AFB
- Schedule through Ground Safety (AF Form 5013)





# 101 CRITICAL DAYS OF SUMMER



## Requirements for the MSF



### Rider Street Skills (RSS) for beginners

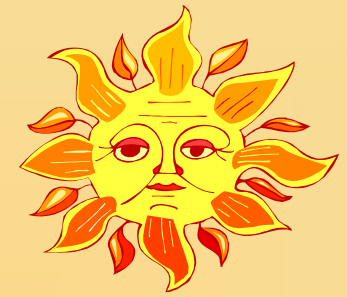
- *Motorcycle Learners Permit*
- *Valid Auto driver's license*
- *17 yrs. old or over*

### Experienced Riders Course (ERC)

- *Valid Motorcycle License/endorsement or permit*
- *6 months of continuous riding experience*
- *Insurance (PMV & Medical)*

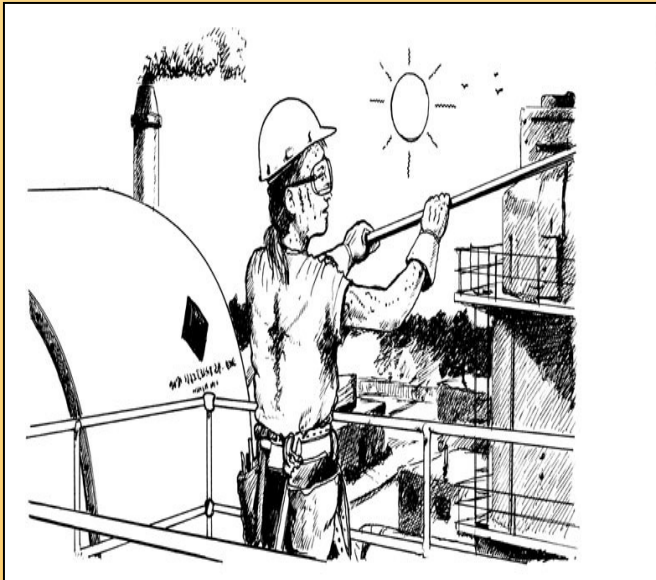


# 101 CRITICAL DAYS OF SUMMER



## SUNBURN

*Heat stress can be more than a minor inconvenience for those who work in extremely warm conditions. Knowing how to prevent, identify and treat its symptoms can literally save lives.*



### Symptoms

- **Red, painful skin (first degree burns)**
- **Blistering and/or peeling (second degree burns)**

### Treatment

- **Skin lotions**
- **Topical anesthetics**

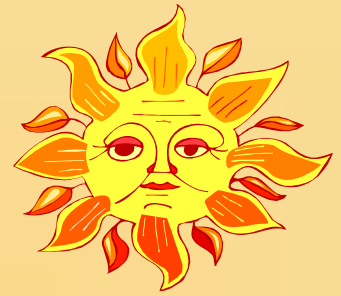
### Prevention

- **Limit sun exposure on bare skin**

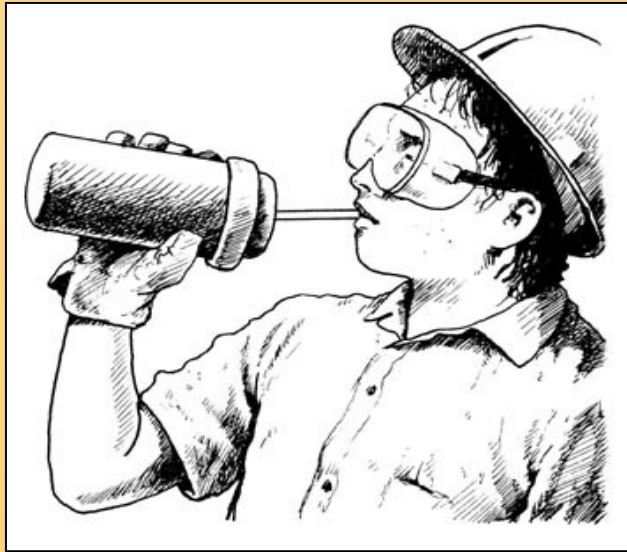
# Dealing with Heat



# 101 CRITICAL DAYS OF SUMMER



## HEAT RASH & CRAMPS



### Symptoms

- **Red rash and itching**
- **Hot, moist skin**
- **Normal to slightly high body temperature**

### Treatment

- **Ointment**

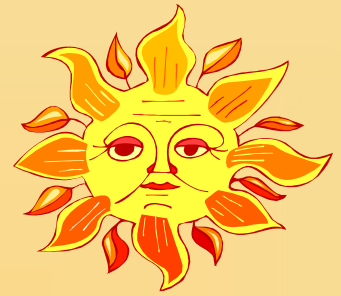
### Prevention

- **Keep skin dry and clean**
- **Loosen clothing**
- **Drink lightly salted liquids (.1% saline)**
- **Seek medical aid if cramps persist**

# Dealing with Heat



# 101 CRITICAL DAYS OF SUMMER



## HEAT EXHAUSTION



### Symptoms

- **Heavy sweating**
- **Intense thirst from dehydration**
- **Fatigue, weakness or loss of coordination**
- **Tingling in hands and feet or headache**

### First Aid Treatment

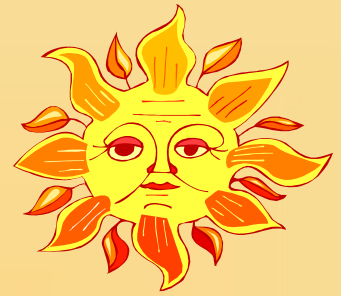
- **Loosen or remove clothing and boots**
- **Cool the victim as fast as possible**
- **Call 911 if victim becomes faint or is unconscious**



# Dealing with Heat



# 101 CRITICAL DAYS OF SUMMER



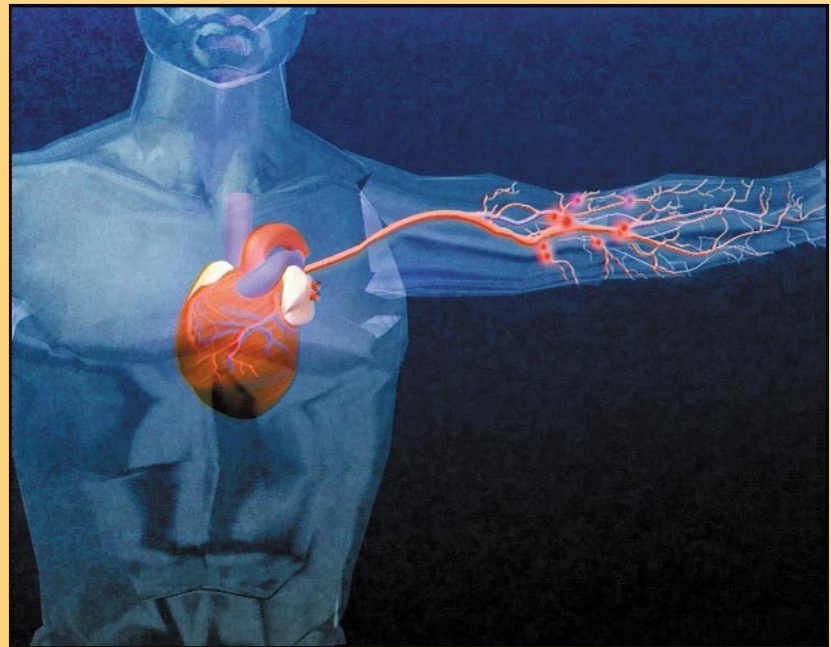
## HEAT STROKE

### Early Symptoms

- **High body temperature**
- **Hot, red or flushed, dry skin**
- **Headache or dizziness**
- **Confusion or delirium**

### Advanced Symptoms

- **Seizure or convulsions**
- **Loss of consciousness**
- **No detectable pulse**

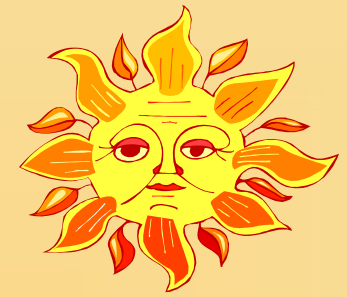


# Dealing with Heat





# 101 CRITICAL DAYS OF SUMMER



## HEAT STROKE

### Treatment

- **Lower the victim's body temperature as fast as possible**
- **Don't give liquids to unconscious victims**



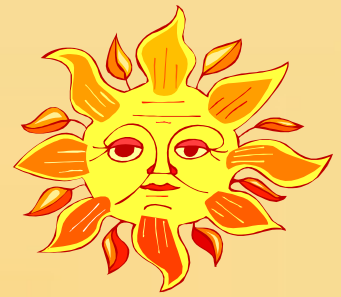
### Other tips for controlling heat stress

- **Allow your body to become acclimatized to your surroundings**
- **Follow scheduled work/rest cycles to avoid overexertion**
- **Drink 5-7 ounces of cool water every 15 minutes**
- **Consume a light, cool lunch instead of hot, heavy meals**

# Dealing with Heat



# 101 CRITICAL DAYS OF SUMMER



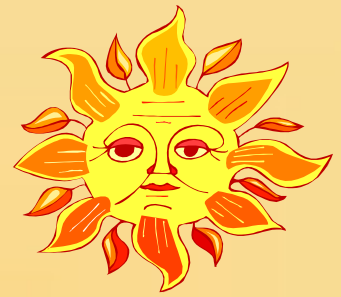
## Recreation Safety

SUMMER

- Water Sports
- Jogging
- Bicycling
- Camping
- BBQ's
- High Risk Activities
- Heat Stress

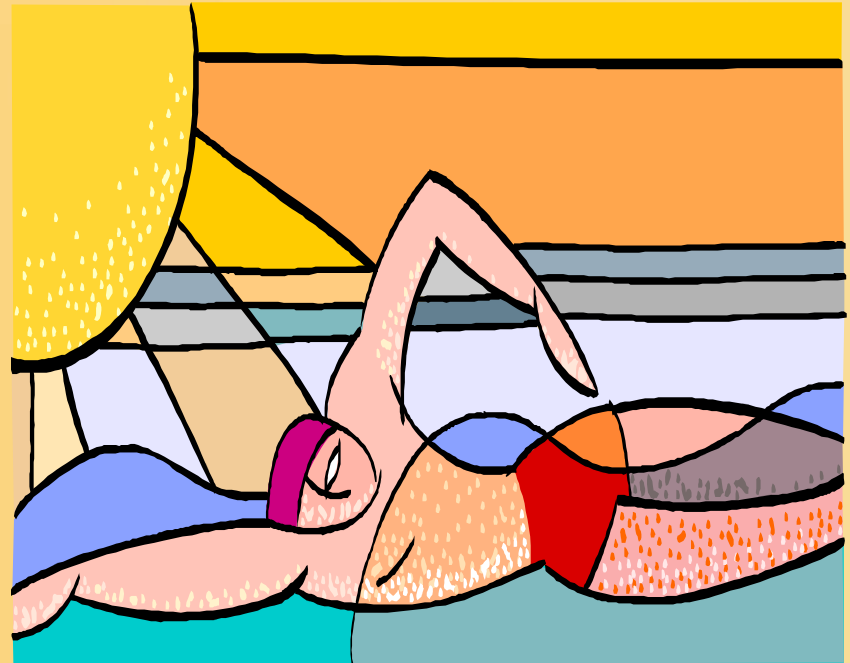


# 101 CRITICAL DAYS OF SUMMER



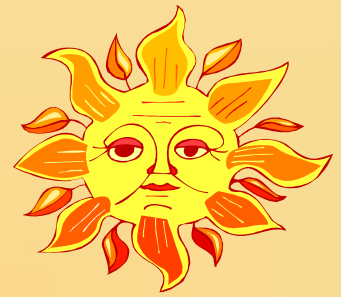
## Swimming

- **Swim only in designated swimming areas**
- **Swim with a buddy!! - Never swim alone**
- **Know your swimming ability**
- **Check water before diving**
- **Hypothermia - cold water draws body heat**





# 101 CRITICAL DAYS OF SUMMER

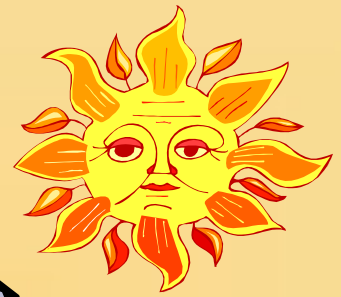


## Jogging

- *Warm-up*
- *Be visible day and night*
- *Wear light colored clothes, reflective belt/vest*
- *Use sidewalk/path or jog facing traffic*
- *Portable Listening Devices are Prohibited on Roads, Streets, or whi*
- *Pedestrians should not enter a crosswalk until vehicles have stoppe*

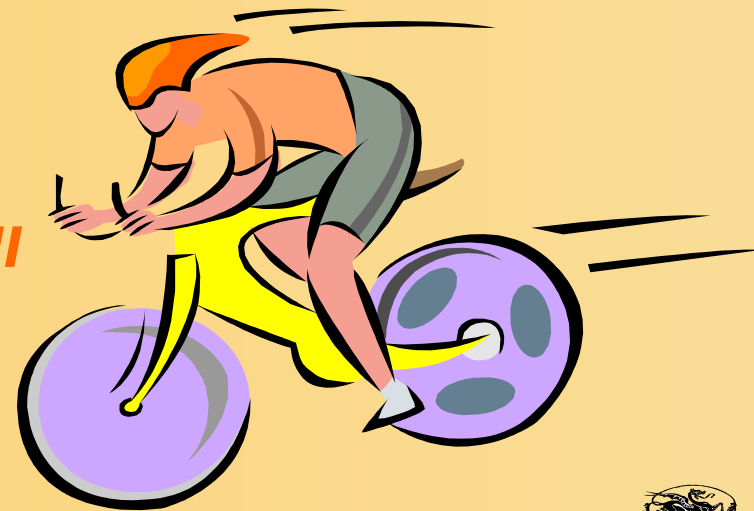


# 101 CRITICAL DAYS OF SUMMER

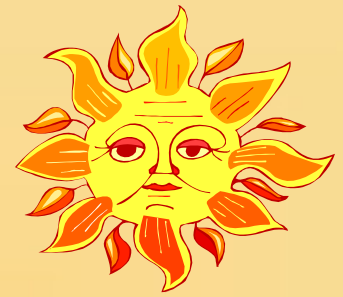


## Bicycling

- *Obey traffic signs*
- *Use hand signals*
- *Ride single file*
- *Ride on right side of road*
- *Be visible day and night*
- *Light colored clothes & reflective belt/vest*
- *Helmet wear required by all riders*
- *Front & rear lights require at night*



# 101 CRITICAL DAYS OF SUMMER



## Camping & Cooking

### Outdoors

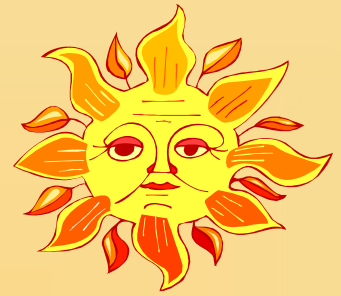
- Use charcoal/lighter fluid, not gasoline
- Keep grills away from house and overhangs
- Never leave grill unattended
- Never put lighter fluid on lit coals
- Let coals cool before disposal
- Have fire extinguisher ready



*Check equipment*  
*Camp in approved areas*  
*Let someone know your*  
*Whereabouts when starting*  
*fires!*



# 101 CRITICAL DAYS OF SUMMER

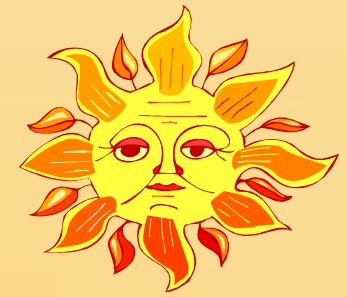


## High Risk Activities

- *No matter what activities you do, the following apply*
- *Have the correct training*
- *Have the right equipment*
- *Be mentally and physically ready*
- *Stay sober*



# 101 CRITICAL DAYS OF SUMMER



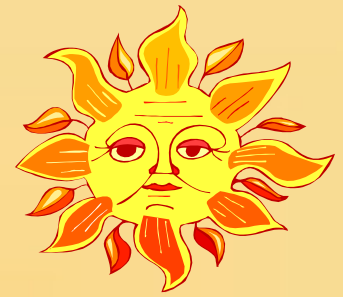
## Use Operational Risk Management (ORM)



- Do not accept “Unnecessary Risk”
- Make risk decisions at the appropriate level
- Accept risk when benefits outweigh the costs



# 101 CRITICAL DAYS OF SUMMER



**THIS SUMMER, BE CAREFUL, BE RISK WISE, AND MOST OF ALL, BE BACK AFTER THE “101 CRITICAL DAYS OF SUMMER!”**

**FROM YOUR 305<sup>TH</sup> AMW SAFETY OFFICE**

**Lt. Col. Stuart Archer  
Safety**

**Chief of**

**Mr. Tom Diveley  
Safety Manager**



**Produced by: TSgt Lynard Slaton, II**

**Ground Safety**